

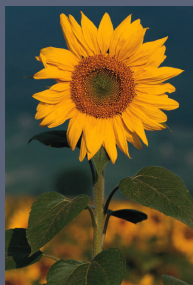


AUGUST WELLNESS NEWSLETTER

2014

SPECIAL POINTS OF INTEREST:

- Battle Creek Poker Walk
- How to Avoid Size Pitfalls
- Portion Size Cut-Out
- 10 Tips to Become a More Active Family
- 7 Unexpected foods you can grill.
- Cooking Lite Summer Recipes



Battle Creek Poker Walk

On Wednesday, July 23rd, County employees joined with City of Battle Creek employees to participate in a collaborative Poker Walk. The weather was perfect and 68 employees came out and participated in the mile long hike taking them along the scenic Linear Path. Prizes were determined as: Best Overall Hand City/County, then the top four hands for County.

Best Overall Hand: Dan Buscher (\$50 Meijer Card)

Second Place: Shirley Wares (\$25 Meijer Card)

Third Place: Monica Vasquez (\$25 Meijer Card)

Fourth Place: Sarah Kelly (Fitness DVD)

Fifth Place: Cheryl Jones (Fitness DVD)

We are working on a modified Poker Walk for Marshall employees to take in account the volunteer capacity. Continue to watch email for further details.

The Wellness Committee would like to thank all participants as well as the volunteers who worked the event. We received positive feedback from both City and County employees and look forward to hosting more joint events in the future.



How to Avoid Portion Size Pitfalls to Help Manage Your Weight

When eating at many restaurants, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a BAGEL and an "individual" bag of chips can easily feed more than one. Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls.

Portion control when eating out. Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

Portion control when eating in. To minimize the temptation of

second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

Portion control in front of the TV. When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.

Go ahead, spoil your dinner. We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

Be aware of large packages. For some reason, the larger the package, the more people consume from it without realizing it.

To minimize this effect:

- ✓ Divide up the contents of one large package into several smaller containers to help avoid over-consumption.
- ✓ Don't eat straight from the package. Instead, serve the food in a small bowl or container.

Out of sight, out of mind.

People tend to consume more when they have easy access to food. Make your home a "portion friendly zone."

- ✓ Replace the candy dish with a fruit bowl.
- ✓ Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.
- ✓ When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of the pantry.

I keep Trying to lose Weight, but it keeps finding me!

A Cut Out Portion~Size Guide



WebMD Portion-Size Guide (wallet size)

In the age of super-sizing, it's all too easy to misjudge portion sizes. WebMD has created some easy guidelines to help you figure out how many servings are on your plate – and they're in a handy wallet size so you can keep them with you when you're dining out.

Cut out and fold on the dashed line. You may want to laminate or tape for lasting use.

WebMD Portion Size Guide

| | | |
|---|---|---|
| BASIC GUIDELINES 1 cup = baseball ½ cup = lightbulb 1 oz or 2 tbsp = golf ball 1 tbsp = poker chip 3 oz chicken or meat = deck of cards 3 oz fish = checkbook | WebMD Portion Size Guide GRAINS 1 cup of cereal flakes = baseball 1 pancake = compact disc ½ cup cooked rice = lightbulb ½ cup cooked pasta = lightbulb 1 slice bread = cassette tape 1 bagel = 6 oz can of tuna 3 cups popcorn = 3 baseballs | DAIRY & CHEESE 1 ½ oz cheese = 3 stacked dice 1 cup yogurt = baseball ½ cup of frozen yogurt = lightbulb ½ cup of ice cream = lightbulb FATS & OILS 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp mayonnaise = poker chip 1 tbsp oil = poker chip |
| WebMD Portion Size Guide FRUITS & VEGETABLES 1 medium fruit = baseball ½ cup grapes = about 16 grapes 1 cup strawberries = about 12 berries 1 cup of salad greens = baseball 1 cup carrots = about 12 baby carrots 1 cup cooked vegetables = baseball 1 baked potato = computer mouse | WebMD Portion Size Guide MEATS, FISH & NUTS 3 oz lean meat = deck of cards 3 oz fish = checkbook 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 2 tbsp hummus = golf ball ¼ cup almonds = 23 almonds ¼ cup pistachios = 24 pistachios | MIXED DISHES 1 hamburger (without bun) = deck of cards 1 cup fries = about 10 fries 4 oz nachos = about 7 chips 3 oz meatloaf = deck of cards 1 cup chili = baseball 1 sub sandwich = about 6 inches 1 burrito = about 6 inches |



WebMD

Better information. Better health.

SOURCE: Kathleen Zelman, MPH, RD, LD, Director of Nutrition for WebMD. Reviewed on November 26, 2008. healthyeating.webmd.com
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10 Tips To Become A More Active Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

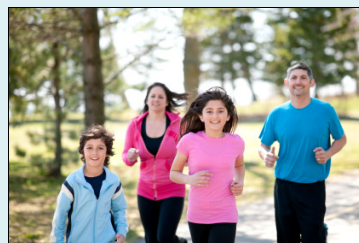
- **Set specific activity times.** Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.
- **Plan ahead and track your progress.** Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.
- **Include work around the house.** Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.
- **Use what is available.** Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or a minimal charge.
- **Build new skills.** Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!
- **Plan for all weather conditions.** Choose some activities that do not depend on the weather conditions. Try mall walk-

ing, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

- **Turn off the TV.** Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.
- **Start small.** Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.
- **Include other families.** Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.

Treat the family with fun physical activity. When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

U.S. Department of Agriculture (USDA). (2013, April). *10 tips nutrition education series: Be an active family—10 tips for becoming more active as a family* (DG Tipsheet No. 29). Retrieved May 28, 2013, from <http://www.choosemyplate.gov/>



If it doesn't CHALLENGE you, it doesn't CHANGE you!



7 Unexpected Foods You Can Grill!



By Matthew Thompson, Associate Food Editor for *EatingWell* Magazine

I think one of the biggest obstacles people have in getting creative with their grill is not understanding the incredible range of foods that can be cooked on it. Hot dogs and burgers are great, but they only scratch the surface of what a grill can do. One of the tastiest things I ever cooked on a grill wasn't even meat! Last summer, as part of a weekend grilling spectacular, my friends and I seared big, flat watermelon "steaks" on the grill. The results tasted great. The heat toned down the fruit's natural sweetness, allowing the other nuances of its flavor to shine. There was a nice caramelized char all along the grill lines and a pervasive smokiness throughout. We served it with mozzarella cheese and some balsamic vinegar--fantastic!

To help inspire your backyard creativity, I thought I'd list 8 delicious, unexpected foods you can cook on the grill.

1. **Artichokes:** Artichokes are most often served steamed, but grilling them adds a smoky dimension to their flavor. If you can get them, baby artichokes will yield extra-tender results. They're easy to prep and cook: First, halve and scoop out the choke if it's prickly. Brush with 1 tablespoon extra-virgin olive oil (or canola oil) and sprinkle with 1/4 teaspoon each salt and freshly ground pepper. Grill, turning occasionally, until lightly charred and tender, about 8 minutes total.



2. **Pineapple:** Because of its bright, sweet flavor, pineapple is great on the grill. Try throwing on a few rings for about 3 minutes right before you're ready to eat (flipping once) for a caramelized, tangy treat.

3. **Romaine lettuce:** In the May/June issue of *EatingWell* Magazine, we explored the amazing and delicious world of grilled salads. Believe it or not, romaine lettuce cooks up wonderfully on the grill, the crinkly edges of the leaf taking on a nice char and the flavor gaining a certain delicious brightness.



4. **Squid:** Fried **calamari** fans will flip for tender, tasty grilled squid. You can get squid frozen or fresh in the seafood department of your grocery store (just double check to make sure it's been cleaned). Cook it tossed in olive oil on the hottest part of the grill, turning once or twice, until just cooked through--2 to 4 minutes.



5. **Potatoes:** Is there anything potatoes can't do? You can actually cook your spuds on the grill in two different ways: First, try cooking halved Yukon Gold's right on the grill rack, turning occasionally, for 10-12 minutes. Second, try cooking potatoes in foil packets --what could be easier?

6. **Pizza:** Once you've tried pizza on the grill, you'll find it hard to go back to having it any other way. The smoke from the barbecue infuses the crust with an amazing earthy flavor that's just impossible to get in the oven.



7. **Angel food cake:** Strange but true: you know how you can toast your hot dog buns to a light golden brown just before serving them? Well, you can do the same thing with angel food cake. Try it before serving with a light strawberry sauce. Delicious!



Asparagus, Tomato, & Red Pepper French Bread Pizza

Ingredients:

- 1 cup diced asparagus
- 1 cup diced Roma tomatoes
- 1 cup diced red bell pepper
- 1 tablespoon minced garlic
- 1 loaf French bread
- 1 cup pizza sauce
- 1 cup reduced fat mozzarella cheese

Directions: (Preheat oven to 400 degrees)

1. Lightly coat a baking sheet with cooking spray.
2. In a small bowl, add the asparagus, tomatoes and pepper. Add the garlic and toss gently to coat evenly.

3. Arrange the French bread on baking sheet. Add half of pizza sauce, and half of the vegetable mixture to each side. Sprinkle with mozzarella cheese.
4. Bake until the cheese is bubbly and vegetables are tender, about 8 to 10 minutes.

For a crispier pizza, bake on a pizza stone.



Grilled Vegetable Salad with Blue Cheese Dressing

Ingredients:

Dressing:

- 1/3 cup low-fat mayonnaise
- 1/3 cup low-fat yogurt
- 1/4 cup (1 oz) crumbled blue cheese
- 1/4 cup 1% low-fat milk
- 1/4 tsp freshly ground black pepper
- 1/8 tsp salt

Salad:

- 1/4 pound green beans, trimmed
- 1/4 pound sugar snap peas, trimmed
- 1 cup (1/2 inch thick) slices red onion
- Cooking spray
- 1/2 tsp freshly ground black pepper
- 1/4 tsp garlic salt
- 6 cups torn romaine lettuce
- 1/2 cup thinly sliced radishes
- 1/4 pound carrots, peeled (cut diagonally into 1/2 inches thick pieces)



Directions: (Preheat grill to medium-high heat)

1. To prepare dressing, combine first 6 ingredients, stirring with a whisk until well blended. Cover and chill.
2. To prepare salad, cook beans, peas, and carrots in boiling water 3 minutes or until crisp-tender. Drain and plunge into ice water; drain. Place mixture in a large bowl, and add onion slices. Lightly coat vegetable mixture with cooking spray. Sprinkle with 1/2 tsp pepper and garlic salt; gently toss to coat.
3. Place vegetable mixture in a wire grilling basket coated with cooking spray. Place grilling basket on grill rack, and grill 7 minutes on each side or until lightly browned. Arrange 1 1/2 cups of lettuce on each of 4 salad plates. Divide the grilled vegetables and radishes evenly among servings. Serve 1/4 cup dressing with each salad.

Baked Salmon with Asian Marinade

Ingredients:

- 1/2 cup pineapple juice
- 2 garlic cloves, minced
- 1 teaspoon low-sodium soy sauce
- 1/4 teaspoon ginger
- 2 salmon fillet, each 4 ounces
- 1/4 teaspoon sesame oil
- Freshly ground black pepper, to taste
- 1 cup diced fresh fruit, such as pineapple, mango, or papaya



Directions:

1. In a small bowl, add the pineapple juice, garlic, soy sauce and ginger. Stir to mix evenly.
2. Arrange the salmon fillets in a small baking dish. Pour the pineapple juice mixture over the top. Put in the refrigerator and marinate for 1 hour. Turn the salmon periodically.
3. Preheat the oven to 375 degrees.
4. Lightly coat 2 squares of aluminum foil with cooking spray. Place the marinated salmon fillets on the aluminum foil. Drizzle each with 1/8 teaspoon sesame oil. Sprinkle with pepper and top each with 1/2 cup diced fruit.
5. Wrap the foil around the salmon, folding the edges down to seal. Bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes on each side. Transfer the salmon to individual plates and serve immediately.